

Values & Personal Visions



A series of Exercises

*To discover your values, your vision,
your areas of interests and knowledge*

*Complete at your leisure in preparation for
a mentoring relationship*

Exercise #1---VALUE LIST

There are no "right or wrong" values, and there are no negative associations connected with any of the choices. Since this list is in no way a complete one, if you need to add any additional items to the list, please feel free to do so. You may also re-word the values to clarify their meaning .

Please place a check mark by ten (10) of the values that you feel are important in guiding the decisions of your life. Of those 10, please reduce your choices to just five (5). Now reduce your list to only three (3). Of those remaining, if you must only choose one (1), which is the most important to you?

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|--|--|
| <input type="checkbox"/> Friendships | <input type="checkbox"/> Pleasure |
| <input type="checkbox"/> Growth | <input type="checkbox"/> Power and authority |
| <input type="checkbox"/> Having a family, being near your family | <input type="checkbox"/> Privacy |
| <input type="checkbox"/> Helping other people | <input type="checkbox"/> Public service |
| <input type="checkbox"/> Helping society | <input type="checkbox"/> Purity |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Quality of what I take part in |
| <input type="checkbox"/> Independence | <input type="checkbox"/> Quality relationships |
| <input type="checkbox"/> Influencing others | <input type="checkbox"/> Recognition (respect from others, status) |
| <input type="checkbox"/> Inner harmony | <input type="checkbox"/> Religion |
| <input type="checkbox"/> Integrity | <input type="checkbox"/> Reputation |
| <input type="checkbox"/> Intellectual status | <input type="checkbox"/> Responsibility and accountability |
| <input type="checkbox"/> Involvement | <input type="checkbox"/> Security |
| <input type="checkbox"/> Job tranquillity | <input type="checkbox"/> Self-respect |
| <input type="checkbox"/> Knowledge | <input type="checkbox"/> Serenity |
| <input type="checkbox"/> Leadership | <input type="checkbox"/> Serving as a mentor or role model |
| <input type="checkbox"/> Location | <input type="checkbox"/> Sophistication |
| <input type="checkbox"/> Loyalty | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Meaningful work | <input type="checkbox"/> Status |
| <input type="checkbox"/> Merit | <input type="checkbox"/> Supervising others |
| <input type="checkbox"/> Money | <input type="checkbox"/> Time freedom |
| <input type="checkbox"/> Nature | <input type="checkbox"/> Truth |
| <input type="checkbox"/> Open and honest (being around people who are) | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Order (tranquillity, stability, conformity) | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Personal development (living up to the fullest use of my potential) | <input type="checkbox"/> Work under pressure |
| <input type="checkbox"/> Physical challenge | <input type="checkbox"/> Work with others |
| | <input type="checkbox"/> Working alone |

5 Most Important Values

3 Most Important Values

Single Most Important Value

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Exercise #2 ----- The Power of a Vision
(If I could only dream)

In my IDEAL world --- I would like to

- 1. I would like to be the kind of person who is _____**
(What the qualities you would like to have?)

- 2. I would like to live in a home that is _____**
(What is your ideal living environment?)

- 3. I would like to own _____**
(What material things would you like to possess?)

- 4. I would like my body to be _____**
(What is your desire for health, fitness, athletics, physical recreation etc.?)

- 5. I would like to have the type of relationships that _____**
(What type of commitment, communication, give and take, would you like to have with family, friends, others?)

- 6. I would like my work to be _____**
(What is your ideal profession or vocation --- and what kind of impact would you like your efforts to have?)

- 7. I would like to pursue _____**
(What would you like to learn, to read, to create . . . where would you like to travel?)

- 8. I would like to be part of a community which _____**
(What is your vision of your ideal society --- How active would you like to be in creating or maintaining this type community?)

EXERCISE #3 ---- PERSONAL VISION STATEMENT

- **What do I value?**
- **How do I see myself in relationship to my family, my work and my environment?**
- **What special skills / talents / or attributes do I have?**
- **What contributions am I interested in making? Where?**
- **How do I want people to remember me?**
- **How does my association with the military relate to any of these statements?**